

SRPMIC Diabetes Program

100 and 200 Mile Cardio Club

60 Days Challenge

Program open to SRPMIC Community Members & their family, SRPMIC Residents, SRPMIC Tribal Employees and SRPMIC Enterprises
(Casino, Talking Stick Resort & Golf, Salt River Fields, Sand & Rock, and Landfill)

Go to the Salt River Fitness Center to register

Registration starts Monday, March 3rd and Ends March 14th 2014

"PRIVATE!"

*It's time to
lose that weight
and feel great!"*



**Choose your distance, Do a pre weigh-in, Get your
tracking sheet with rules & exercise/activity
conversion table.
Start tracking
Sunday, March 16 to Wednesday, May 14.**



Are you wanting to use the Salt River Fitness Center or Lehi Fitness Center?

Please fill out our Diabetes Program's [Health History Form/Exercise waiver](#) prior to using facility or attending group exercise classes provided by SR Diabetes Program's Fitness. See Fitness Center Staff for paperwork.

Our fitness centers are open to SRPMIC Community Members, SRPMIC Residents, SRPMIC Tribal Employees and SRPMIC Enterprises only.

**All individuals are subject to proof of enrollment, residency, employment or affiliation.*



**Questions call
480-362-7320**